

HIP HOPS

HH01

DIRECTIONS:

Face away from the anchor holding the rope draped around your neck – hands on the chest. Start with both feet together and knees touching, then alternate stacking one knee on top of the other by deeply dropping the hips backwards and down as far as possible. Perform for 1 minute.

TRIANGLE TECHNOLOGY

Exercises #17 to #20 form the Hip Mobility Series. For this series try to imagine the area between your hips as an upside down triangle moving around in between the hips. In HIP HOPS #17 you will compress the triangle into as tiny a triangle as possible.

IMAGERY

- Simulate downhill skiing in the fresh alpine air
- Your little home made bee bop dance ☺

BENEFITS:

HIP HOPS will warm up the back buttocks region of the hips known as the DEEP LATERAL HIP ROTATORS – the gluteus maximus, gluteus medius, piriformis, gemellus superior, gemellus inferior, obturator internus, obturator externus and the quadratus femoris.

REFERENCES to other HIP OPENERS in the Yoga Rope 48 Series that are NOT in the HIP HAPPY series:

- #03 Crouching Tiger
- #05 Happy Baby Pose
- #07 Lotus Roll Ups
- #31 Plie Squats
- #41 Pigeon Pose
- #42 Butterfly Bend
- #43 Chalanasana